

*Gelukkig Nieuwjaar Happy New year 1989 Gelukkig Nieuwjaar Happy New year 1989 Gelukkig Nieuwjaar Happy New year 1989 Gelukkig Nieuwjaar*

# Vipassanā-Sāra



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JAARGANG 4

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Nummer 2

Vipassanā-sāra

## *Gelukkig Nieuwjaar*



*Happy*  
*New year 1989*

สวัสดีปีใหม่



Redaktioneel:

Vipassanā-sāra betekent in het Nederlands "Inzichts-bode". De Vipassanā-sāra is een uitgave van de Stichting Jonge Boeddhisten Nederland (S.J.B.N.) en komt tot stand in nauwe samenwerking met de Stichting Buddhavihara. Doel is mensen die Vipassanā beoefenen van juiste en nuttige informatie te voorzien, daarnaast te berichten over de activiteiten in ruimere zin van het Boeddhisties Meditatie Centrum te Amsterdam (Buddhavihara).

De Vipassanā-sāra is bedoeld voor mensen die geïnteresseerd zijn in Vipassanā meditatie of in de verdere activiteiten van Buddhavihara, zoals o.a. de viering van boeddhistiese ceremonies en verschillende cursussen (Thaise les, Abhidhamma).

De abonnementsprijs is fl 10,- per jaar. U kunt zich als abonnee opgeven door bovengenoemd bedrag te storten op bank- of gironummer van de S.J.B.N. onder vermelding van "Vip.sara".

Samenstelling van de redactie:  
Johan Tinge, Hans Kwik en Aad Verboom.

Info:

Buddhavihara 020-264984  
Aad Verboom 030-888655

Postadres van de S.J.B.N.:  
Postbus 1519  
3500 BM Utrecht

Postbank rnr. 52.32.118  
bank (ABN) 55.51.05.563

## Buddhavihara

Het beheer van het boeddhistiese meditatiecentrum Buddhavihara is in handen van de Stichting Buddhavihara. Mensen die het centrum en de activiteiten aldaar financieel willen ondersteunen, kunnen een bijdrage storten op:

Postbank rnr. 22.37.503  
t.n.v. "Buddhavihara",  
Amsterdam  
of: AMRO-bank rnr. 45.83.27.948  
t.n.v. "Buddhavihara".  
Adres bank: Dam 2, Amsterdam.  
Postgiro bank: rnr. 2391

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To our English readers:  
Vipassanā sāra is in English 'Insight-magazine'. Our aim is to provide those interested in Vipassanā meditation with relevant and useful information, secondly to report on the activities of the Buddhist Meditation Centre in Amsterdam, Buddhavihara.

The management of the Buddhist Meditation Centre Buddhavihara is in hands of the Foundation Buddhavihara. Those who wish to support the centre and the activities there financially, may send their contribution to:

Postbank acc.nr. 22.37.503  
mentioning 'Buddhavihara',  
Amsterdam.

or:  
AMRO-bank acc.nr. 45.83.27.948  
mentioning 'Buddhavihara'.  
address bank:  
Dam 2, Amsterdam.

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De Thaise les, zowel voor beginners als gevorderden, is momenteel op dinsdag en woensdag. Info: Buddhavihara.

De cursus Abhidhamma o.l.v. Aad Verboom zal in het nieuwe jaar weer beginnen, in principe vanaf 9 februari. De bijeenkomsten zullen eenmaal in de twee weken op de donderdag, 19.00 - 21.00 uur plaatsvinden.  
Voor nadere informatie:  
Buddhavihara of Aad Verboom.



De Boeddharma Tempel, Talmastraat 20, Waalwijk.



De Boeddharma Tempel, Talmastraat 20, Waalwijk.

THE VENERABLE METTAVIHARI  
15 YEARS IN THE NETHER-  
LANDS.

The Venerable Phra Khru Kraisaravilasa Mettavihari has been in the Netherlands for over 15 years now. In all the years that he has been here in this country he has devoted himself in various ways to the propagation of Buddhism and Vipassanā meditation. It will be a good thing to dwell on this jubilee for a while and describe the work that has been done over the past 15 years.

On July 12, 1973 the Venerable Mettavihari was asked by the Thai Sangha to go to the Netherlands at the invitation of the Dutch Buddhists and to set up a Buddhist centre. At the time when the Venerable Mettavihari accepted this assignment he was not yet 30 years of age, but he was already an experienced and learned monk with also the necessary international experience. At the age of 14 he became a samanera, which means novice. He studied the Dhamma or the Buddhist teachings, and practised meditation under the guidance of the Venerable Phra Udomvijāna Thera in Wat Mahadhatu ("Wat" means temple or monastery) in Bangkok. He obtained the highest degree in the Dhamma studies and then meditated under the guidance of the Venerable Asabha Thera, a pupil of the Most Venerable Mahasi Sayadaw. At the age of 20 he was fully ordained. He was given the Pali name Mettavihari which means "abode of loving-kindness". When he obtained the third degree in Pali studies he was given the title Phra Maha. He became Dhamma teacher to novices and Pali teacher in several monasteries. In those years the Venerable Mettavihari gave lectures and talks on the Dhamma all over Thailand and worked as meditation teacher at the university in Bangkok. He also

became an adviser to the National Development Organization, and meditation teacher in student camps in various places in Thailand.

The international Dhamma-work started in 1970. In that year the Venerable Mettavihari visited India and afterwards accompanied his teacher, the Most Venerable Chao Khun Phra Dhammakosacariya of Wat Mahadhatu in Bangkok on religious missions all over the world as representatives of the Thai Sangha. On these journeys they visited amongst other places several western religious organizations and universities in the U.S. and Europe. They also visited the Vatican at the invitation of Pope Paul VI. After his return to Thailand the Venerable Mettavihari was invited by several Buddhist groups to return to the U.S.. His visit to the U.S. became a fruitful stay. Shortly after arriving on July 6 1971, he conducted the opening ceremony of the first Thai Buddhist temple in America, in North Hollywood, California. After the rains retreat, which he spent in Los Angeles, he toured the U.S. In many places he taught the Dhamma and meditation. He was then invited to settle in Los Angeles where he was teaching in the International Buddhist Meditation Centre. He was sent to the 10th World Fellowship of Buddhists World Conference in Colombo, Sri Lanka as the official representative of America.

In the first months after his arrival in the Netherlands in 1973, a suitable place for Buddhist monks still had to be found; a Buddhist temple would have to be established. At first the Venerable Mettavihari spent a few months with Mr J. Monshouwer in Amsterdam and later stayed some time in the Thai embassy in The Hague, while in the meantime preparations were being made for the foundation of a Thai Buddhist temple. The



Meditatieweekend in de Tuin, Groningen.



De Eerw. Phra Khru Kraisaravilasa Mettavihari met deelnemers aan een intensieve vipassanā-meditatie retraite, Mariahoop, 1985.

temple was established in Waalwijk, a quiet town which seemed centrally located, also as regards Belgium and the west of West Germany. On October 24, 1973, in the presence of the Thai ambassador to the Netherlands Mr Sompong Sucharitkul and the Most Venerable Chao Khun Phra Medhidhammacariya and a large audience of Thai Buddhists from the Netherlands, Germany and Belgium, the temple at Talmastraat 20 in Waalwijk was opened. In honour of the persons concerned the temple was initially called after them: Dhammasucharitanu-cari monastery. In 1974 the name was changed to Buddharama Temple. The Venerable Mettavihari lived in the temple where on October 5, 1975 he was appointed abbot as well as the leader of the Thai Sangha on the continent. Together with two monks, the Venerable Ariyavamsa and the Venerable Sumangalo, he conducted the Buddhist religious ceremonies and was teaching the Dhamma, Buddhist theory and meditation as well as conducting meditation retreats. From the beginning Patrick Franssen and Henk Barendregt have devoted themselves energetically and with much enthusiasm to realise these activities. It was not long before the temple proved to be too small for the great number of people who attended the religious ceremonies. In 1980, with financial support from the council of Waalwijk and the Thai embassy, it was possible to buy another building to use as a temple. The temple was moved to Loeffstraat 26-28 in Waalwijk. This was a considerable improvement: it was an old farmhouse and one of the stables was converted into a temple and meditation room. Besides, there was more room to house the monks and the yard offered plenty of parking space.

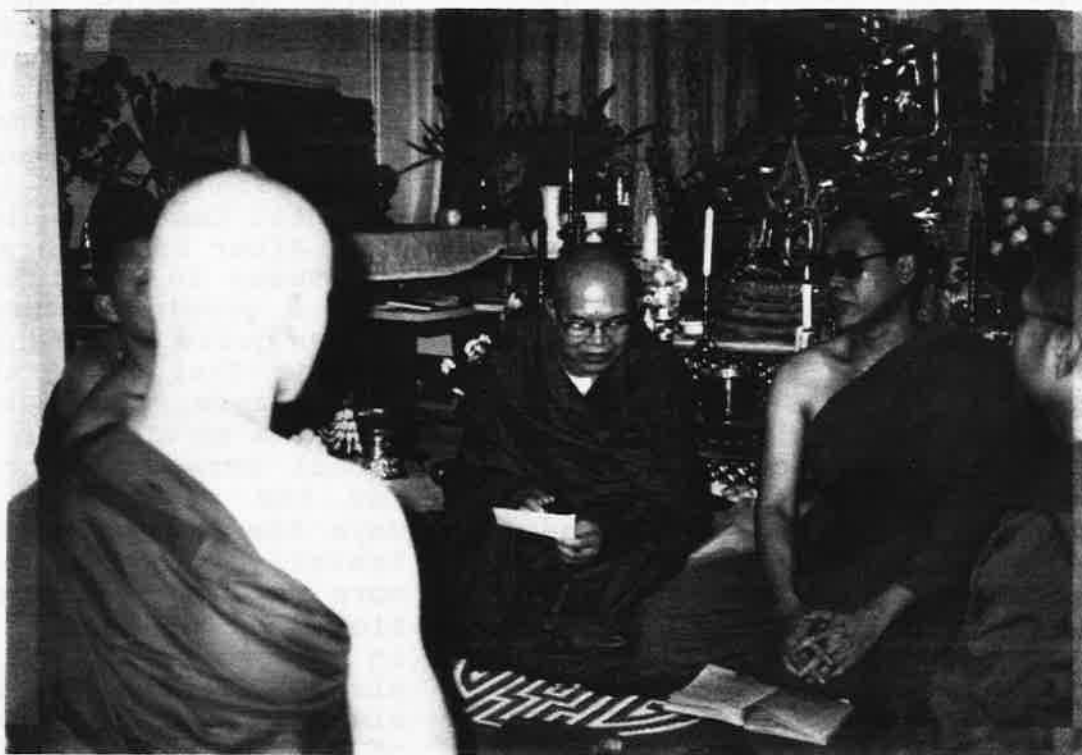
During the years the Venerable Mettavihari resided in Waalwijk he concentrated

more and more on teaching meditation to Westerners. In the first years there was regular contact with Bruno Mertens of the meditative community Tidorp, and with Mr J. Bloemsma of the Dutch Buddhist Centre in The Hague.

After some years it became necessary to adopt an approach to the growing number of Westerners quite different from that to the Thai Buddhists in the Netherlands. The Westerners did not come so much for the traditional ceremonies or pujas as for the meditation. In those days the Venerable Mettavihari travelled around the country more and more to teach meditation. In several cities, like first in Amsterdam, in 1976, and later also in Utrecht, Leiden, Groningen and Tilburg, small groups of meditators were established to meditate on set evenings and during weekends under the guidance of the Venerable Mettavihari. The meditators in Groningen with Erik Hoogcarspel and his wife Jildi taking the initiative, were so inspired and so numerous that soon a centre of their own became desirable. In 1982 Mrs. De Visser Smits, Harm van Weerden's mother, bought the building Parallelweg 38-39. There were even plans to bring together part of the meditation activities in this building.

In the summer of 1982 the Venerable Mettavihari took an important step. After long consideration he offered his resignation as abbot of the Buddharama Temple in Waalwijk. During the ten years the Venerable Mettavihari had worked in the Netherlands by then, he had tried several approaches to present the essence of the Buddha's teachings to Westerners. The Buddharama Temple in Waalwijk was a centre where people from the West as well as the East could practise Buddhism, in spite of their different views on Buddhism and their differences in practice.





De wijding tot monnik van de eerw. Kirano, Buddhavihara, 1987.



De wijding tot monnik van de eerw. Kirano, Buddhavihara, 1987.



Over the years, however, these differences had grown so vast that a division in an 'eastern' and 'western' Buddhist centre became desirable for both parties involved. The Buddharama Temple remained mainly the centre of traditional and ritual (Thai) Buddhism. From now on the Venerable Mettavihari's work lay more explicitly in the sphere of meditation instruction and connected activities. After his resignation the Venerable Mettavihari went abroad for six months; this enabled him to look at the situation in the Netherlands more objectively. His travels took him to the U.S. amongst other places, where at that time the Buddhist Missionary Corporation and the Vipassanā Foundation, both registered in California, were established. The Venerable Mettavihari has kept in touch with both organisations ever since and he has subsequently visited the U.S. many times to expand and consolidate the meditation activities there. Shortly after his travels, in 1983, the Venerable Mettavihari settled in Amsterdam, Prinsengracht 475.

In renouncing his position as abbot of the Buddharama Temple - such a position carried many responsibilities - the Venerable Mettavihari was now able to teach the Dhamma to Westerners more in his own way. In his house, where the Venerable was assisted by Hans Kwik, meditation sessions were held on certain days and intensive weekends were organised. All the same, the Venerable Mettavihari did not only deal with Westerners. On Buddhist holidays, pujas were celebrated at the Prinsengracht 475 in Amsterdam by large numbers of mainly Thai Buddhists. After some time it became clear that a centre would be more suitable than a house. On January 5, 1986, with the assistance of Thai as well as Dutch supporters, a centre was opened in the

St. Pieterspoortsteeg 29 in Amsterdam. On this occasion, the centre, under the patronage of the present acting Sangharaja, which is the highest position in the Thai Sangha, (the Somdet Phra Buddhacariya) was given the name Buddhavihara, which literally means: "abode of the Buddha". In spite of the cold weather the opening ceremony was attended by an estimated 300 people. Five monks had come over from England to attend the opening ceremony of the temple as well as to officiate at the ordination of Hans Rullens as Buddhist novice and monk. He was given the Pali name Kirano (literally: beam of light") and from then on he would live in Buddhavihara with the Venerable Mettavihari. The centre has three storeys; the first floor is furnished as a space for ceremonies and meditation. The second floor is used for all kinds of activities like meetings, social gatherings, eating, etc. On the third floor are the private rooms of the monks. In the centre Buddhist ceremonies are celebrated and meditation sessions are held, as well as classes in Abhidhamma and the Thai language. The Dutch monk Phra Ananda, who was ordained in Sri Lanka stays in the Buddhavihara whenever he is in the Netherlands, assisting with various activities.

In 1987, on his Majesty's 60th birthday, the Venerable Mettavihari's teacher, Chao Khun Dhammakosacariya, was elevated to the rank of Chao Khun Bimaladamma. On this occasion the Venerable Mettavihari as one of his eight pupils, was elevated to the rank of Phra Khru Kraisaravilasa, which means 'he who [teaches the Dhamma] graciously and like a lion.' On this occasion there was also conferred on him the power to ordain novices and monks.

The Venerable Mettavihari's efforts to propagate the Buddha's teachings are



De Hoogsteerwaarde waarnemend Sangharaja met de Eerw. Phra Khru Kraisaravilasa Mettavihari, 1988, Thailand.



De Eerw. Phra Khru Kraisaravilasa Mettavihari met zijn leraar de Hoogsteerwaarde Chao Khun Bimalachamma en de Eerw. Kirano, Thailand 1988.

reflected in several activities. First of all, he is the spiritual guide of many Westerners whom he is teaching Vipassanā meditation courses, during evenings, weekends and retreats. In interviews and talks he elaborates on meditation and spiritual growth. It is especially during the retreats that his talks play an important part in passing on background knowledge for the meditation. With much enthusiasm and spontaneity the Venerable Mettavihari leads his audience to appreciate the more difficult aspects of Buddhist theory. Several people have, through the Venerable Mettavihari's encouragement, found their own way in Buddhism. Some of them meditate regularly, others travel to the East to meditate there in certain centres for longer periods, and a few choose the path of living as a monk. The young Dutch monks Phra Jhānanando and Phra Kirano have been stimulated enormously in their spiritual development by the Venerable Mettavihari's example. Through his encouragement there are now two assistant meditation teachers, Henk van Voorst and Johan Tinge, who assist the Venerable Mettavihari in retreats.

The Venerable Mettavihari has also made written information about Buddhism and Vipassanā meditation available. He has written a short introduction to several aspects of Buddhism: Buddhism in brief, in which he writes about Vipassanā meditation, Theravāda Buddhism and Thai monastic life. It also contains some other short articles by him as well as the text of a speech given by the Venerable Mettavihari at the European Buddhist Congress in Paris in June 1978. In this speech the Venerable Mettavihari concluded that Buddhism in Europe is still very young and that only recently western interest in it is on the increase. But he also pointed out that a large number of Europeans is

interested in Vipassanā and in Buddhist philosophy. These people, if given proper instruction and if they study Buddhism correctly and practise it, can prove to be a vital force in the propagation of the Buddha's teachings. The booklet Buddhism in brief was translated into Dutch in 1983 and published as: Boeddhsme in het kort. In 1983 too, the pamphlet Vipassanā meditation and its knowledge was published. It is meant as a short introduction to Vipassanā meditation. It is divided into three chapters. The first chapter deals with the various exercises in Vipassanā meditation. In the second chapter the mental hindrances which can distract the meditator during his meditation are discussed. These chapters are based on summaries of discourses by the Venerable Mettavihari during the retreat of September 1982. The third chapter deals with the sixteen nānas, the levels of knowledge or insight which can be understood through practising meditation. This chapter had already been published before in a different form in The Wheel of Dhamma, the official publication of the Buddharama Temple. Later, in 1987, it was to be improved upon and published again under the title The sixteen nanas.

Another important publication concerning Vipassanā meditation is Buddhist meditation in a ten day retreat. It was prepared by Mrs Suliporn Surakomol in 1985 and is based on the discourses given by the Venerable Mettavihari during the ten-day retreat in 1984. Since a few years the talks given by the Venerable Mettavihari are transcribed with a view to publish a book some time in the future. Often these talks are used as the basis of various short articles published in the Vipassanā Sāra, a publication of the Buddhavihara aimed mainly at people who practise Vipassanā.

Over the past years the Venerable Mettavihari has



Boeddhavihara, 1988.



De Eerw. Phra Khru Kraisaravilasa Mettavihari met groep bij een bezoek aan de Buddhapadipa Tempel te Londen, 1988.

established various foundations for the propagation of Buddhism in general or Vipassanā meditation in particular, starting in 1975 with the Buddharama Foundation. The Vipassanā Meditation Centre Foundation, established in 1985 and continued in 1988 under the name Buddhavihara Foundation, is in charge of the Buddhavihara. For the centres in Tilburg and Groningen too, separate foundations have been established. The Dutch Young Buddhists Foundation, established in 1974, can be seen as a supporting organization for the Venerable Mettavihari's work and is especially aimed at young people. At the moment this foundation publishes the Vipassanā Sāra as well as booklets, prepared mainly by Aad Verboom. Furthermore the Dutch Young Buddhists Foundation helps to organise meditation retreats in the Netherlands, which take place under the guidance of the Venerable Mettavihari.

text: Egbert O. van der Werff  
translation: Marjo Oosterhoff

# Meditation-activities

## Amsterdam

Maandag 18.00 - 20.00 uur

Adres: Buddhavihara,  
St. Pieterspoortsteeg 29

Weekends: 17/18/19 februari

Tijden: vrijdag 20.00 uur  
zaterdag 9.30 / 14.00 / 20.00  
zondag 9.30 / 14.00 uur

Plaats: St. Pieterspoortsteeg 29

Kosten: fl 75,- voor het hele weekend + een eventuele vrijwillige bijdrage voor de leraar en/of het centrum.

Het is mogelijk in Amsterdam te overnachten, in het centrum (à fl 15,-) of bij een van de meditatoren, neem s.v.p. wel een eigen slaapzak mee.

Belangrijk: beginners worden geacht het gehele weekend mee te doen!

Info en aanmelding:

Vipassanā meditatie Centrum,  
(Buddhavihara) 020-264984

Aad Verboom 030-888655

## Groningen

Maandagavond 19.00 - 21.00 uur

Adres: meditatiecentrum  
Parallelweg 39

Weekends: 10/11/12 februari

Plaats: Parallelweg 38/39.

Info: 050-711680 Johan Tinge  
050-730064 (vragen naar de eerwaarde Jhānanando).

## Leiden

Dinsdag 19.15 - 21.15 uur

Adres: Faljerilstraat 8

Info: Nel 071-154862

Han 01719-17424

## Utrecht

Donderdag 20.00 - 21.30 uur

Adres: Sterrenbosch 9bis

Info: Henk 030-520023

Aad 030-888655

## Tilburg

Donderdag 20.00 - 22.30 uur

Adres: meditatiecentrum Hoef-  
straat 217.

Weekends: 24/25/26 februari  
en 21/22/23 april.

Op dit moment is nog niet bekend door wie de weekends begeleid zullen worden, door de Eerw. Mettavihari Mahathera of een van zijn assistenten.

Plaats: meditatiecentrum Hoef-  
straat 217.

Kosten: een meditatieweekend kost fl 75,-, fl 10,- voor een warme maaltijd. Je kunt overnachten als je wilt.

## F E E S T:

Iedereen is van harte uitgenodigd op zaterdag 28 januari nieuwjaar te vieren in het meditatiecentrum te Tilburg. Er zijn enkele live attracties en verder gewoon: feest!

Je bent vanaf 20.00 uur welkom, graag even melden dat je komt, bij voorkeur een week vantevoren. Je kunt overnachten.

Info: 013-366570

## Brussel

For information please contact:

Alain Theate,  
Rue Coloniale 52  
Watermael - Boisfort  
Brussel, Belgie.  
tel. 2.660.41.23.